

Frameworks

EQ COMMUNITY

NEWSLETTER™

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EMOTIONAL INTELLIGENCE (EQ) & SMALL ACTS OF KINDNESS



SMALL ACTS OF KINDNESS GO A LONG WAY

by Eddie Underwood, Education Programs Specialist

An act of kindness goes a long way, and studies show that being kind makes you happy. Acts of kindness increase the levels of serotonin and dopamine in your brain. These chemical reactions increase feelings of comfort and belonging. A study of almost 200,000 participants found that kindness positively contributes to all kinds of well-being. Kindness matters and can make an impact no matter how small the act. Kindness is not always recognized and can be one of the last things on anyone's mind, but kindness can be found all around. To embrace the smallest act of kindness, tune into the community you live in, have empathy so you can understand how to help, start small the waves will make a bigger ripple, be humble and be kind without conditions, embrace the positive in a world full of negative, and lead by setting the example for someone to follow. Kindness is simple, and it is out there to be found. Tuning in with empathy to the needs of others and taking the lead in being the flame that stokes the fire of kindness to increase the wellbeing of your community.

EARLY LEARNING

A recent study by the Mayo Clinic indicated that kindness can increase self-esteem, empathy and compassion. Early childhood is when we begin to learn about kindness, so it is important to foster in the classroom. Some ways to put this into practice with early childhood students are 1) Build on children's knowledge by having them identify kind words and have them describe what being kind looks and feels like. 2) Be intentional and make sure to notice and celebrate acts of kindness in the classroom. 3) Provide opportunities for children to be helpful and kind to each other. They learn by being able to work cooperatively. They can also learn by role-playing. Instilling kindness early is just one more way to help build emotional intelligence.

ELEMENTARY SCHOOL

Read-alouds are a favorite strategy for implementing social and emotional learning in elementary classrooms. Stories can explicitly teach children about values such as kindness and honesty. By choosing relevant stories that engage the students you can teach core values as you read to your students. Use questions to start conversations about character's emotional responses. Some things to ask are 1) How do you think the characters feel? 2) How might they be understood or misunderstood by others in the story? 3) What would you do in this situation? Reading aloud is an easy way to begin a conversation about important topics while also practicing reading comprehension.

MIDDLE SCHOOL

Have your students practice identifying small acts of kindness that made a difference in their day. Sharing a pencil, a wave, a smile. Share memories of kind moments that shaped your teenage years. A teacher who spent a little extra time or gave you extra time on an assignment and how it impacted you. Encourage your students to share small acts of kindness throughout their day and reflect on the powerful ways it impacted them and others.

HIGH SCHOOL

Ask your students what's important to them and help them search for ways to impact their community. Have them identify what they'd like to see more of in the world around them and empower them to make those changes. It is important that we cultivate community members with empathy and kindness for others. One of the most powerful things we can teach our students is that with kind actions and words we can make a difference.



SOCIAL AND EMOTIONAL KINDNESS

by Jordan Sims

Community Programs Specialist

Kindness is a teachable skill and takes intentional practice just like anything else. It's also a great way to build on our social and emotional skills while spreading love and joy. Here are some small acts of kindness you can practice using the five core competencies:

Practice **Self-Awareness** by giving yourself a compliment. Kindness towards ourselves is important, too! Use your **Self-Management** tools by being patient with someone when you normally might not be. Patience is a virtue!

Show **Social Awareness** and **Empathy** to someone who is having a tough day by offering them a smile, hug, or words of encouragement. Sometimes the smallest gestures can make the biggest impact.

Tap into your **Relationship Skills** by calling a friend or relative to check in on them. It's sure to brighten their day!

Practice **Responsible Decision-Making** by choosing to be kind to everyone. You'd be amazed at how contagious kindness can be!

BUCKETS OF KINDNESS

by Mabel Filpo

Community Programs Specialist-
Early Childhood

Fill your bucket with small acts of kindness. Being kind to others allows us to connect the bridge between peace and harmony. As you practice small acts of kindness, it helps others and it's inspiring! It will encourage people to be more empathetic and intentional about being kind.

One small act of kindness can be practiced every day. Here are some ideas:

- Give someone a compliment
- Shared an inspirational quote to someone you know
- Connect with family or friends you haven't seen in a while
- Authentically listen
- Tell someone you are proud of them



RESOURCES & READINGS

by Brian Schank

Senior Education Programs Specialist

Practicing kindness does lead to feeling better about yourself and others and is a very human thing to do. Whether you are practicing random acts of kindness, or paying it forward, it is great to have some resources and places you can go for ideas to spread that kindness.

- [The Random Acts of Kindness Foundation | Welcome](#)
- [About Kindness.org - What If You Had The Power To Change The World? | Kindness.org.](#)
- [Make Random Acts of Kindness More Intentional | Inspire Kindness](#)

Enjoy these resources, and remember be kind every day, it really matters!

To access additional free resources or purchase resources for home, classroom, or office use, please visit our website:



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